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November 2002

The NEBLINE, November/December 2002

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Families – The Backbone of Neighborhoods

LaDeane Jha
Extension Educator

Look around your neighborhood. Is it a good place for young people and families to live? Do you cross the street when you see a group of young people headed your way or does the sight of children playing in the park bring a spark of happiness to your day? Do you wonder if the children you see are being well fed? Educated? What about the senior citizens? Do they have a sense of belonging and well-being? Does everyone feel safe? Is there access to health care? Are essential services accessible? Do the generations interact with one-another? How well do you know the children in your neighborhood?

We all know that there are difficult problems facing families.

- There are more single-parent homes.
- In two-parent homes, both parents work full-time or even more.
- Some families don't have much money.
- There may be a lack of good child care and relatives may not be around to help.
- Parents can't help out in school when they work all the time.

The list could go on. The good news however, is that more and more neighborhoods are trying new ways to support families. Neighbors are helping each other



Members of the South Salt Creek Community Organization, (L-R) John Spencer, Steve Larrick, Omadeane Talley (President), and Steve Sim (Vice President), stand next to a bronze statue of Dorothy and Toto which the group worked to have installed in Cooper Park.

and numerous people are finding new ways to interact with schools, police and other agencies. In many neighborhoods people are

talking and planning together.

Two local initiatives that build capacity, enhance community vitality and focus on local strengths are the Community Outreach Partnership Center (COPC) and the Community Learning Center (CLC) initiatives. Both projects use creative methods to address child, family and neighborhood issues such as building social capital, creating a sense of community, examining youths' perceptions about out-of-school activities and making schools the center of neighborhood activities.

The COPC program's focus includes three areas: education, community organization, and neighborhood revitalization. Their outreach efforts are coordinated with

see *NEIGHBORHOODS*
on page 12

"Where, after all, do universal human rights begin? In small places, close to home — the world of the individual person; the neighborhood he lives in; the school or college he attends; the factory, farm or office where he works. Such are the places where every man, woman and child seeks equal justice, equal opportunity, equal dignity without discrimination. Without concerned citizen action to uphold them close to home, we shall look in vain for progress in the larger world."

— Eleanor Roosevelt, from a speech to the United Nations, 1958.

Community Partnerships Help Build Strong Families & Neighborhoods

Maureen Burson
Extension Educator

Newcomers to Lincoln often comment that people are friendly, compassionate and supportive of one another. That spirit of "let's work together" found in many of Lincoln's neighborhoods helps families prosper and neighborhoods thrive.

Partnerships among agencies support this "work together" ethic by combining creative talents and financial resources to identify needs and create solutions for families and the larger community. Similar to local neighborhood organiza-

tions, UNL Cooperative Extension's Nutrition Education Program (NEP) cultivates partnerships to benefit families and neighborhoods.

Families enrolled in the NEP benefit when partners provide comprehensive approaches to meeting their needs. Thus, NEP values the partnerships that help them serve families with limited resources in Lincoln. Some NEP partners include, Lincoln Housing Authority (LHA), Lincoln Action Program Early Head Start and Head Start, Lincoln Public Schools Food Stamp Nutrition Education Program Project, and Women, Infants and Children.

Since 1992, LHA and the UNL Cooperative Extension in Lancaster County have

jointly funded programs to teach families how to prepare safe, nutritious meals on a limited income. LHA provides affordable, safe housing and LHA families participate in NEP at senior sites, LHA-owned family resource centers and child development centers. Some clients receive individualized education in their home.

Doug Marthaler, LHA Tenant Service Manager says, "Through partnerships and collaborations with other community agencies, LHA is able to provide more than housing to its

see *COMMUNITY PARTNERSHIPS*
on page 12

Note: This is a combined November/December issue. The next NEBLINE will be January 2003.

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University of Nebraska
Cooperative Extension in Lancaster County
444 Cherrycreek Road • Suite A
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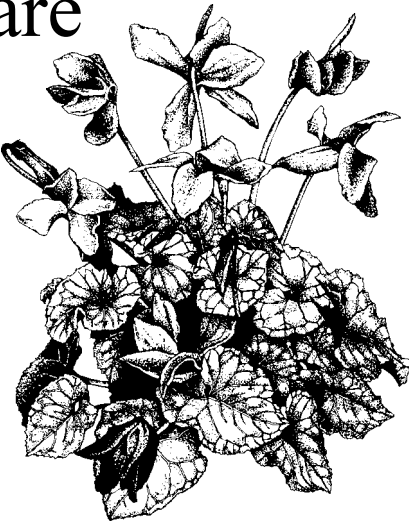
Cyclamen care

Cool temperatures and bright light is the prescription for success with cyclamen. Place this flowering plant in an east window. A daytime temperature of 60 to 65°F and a night time minimum temperature of 50°F should keep it blooming well into next year.

The white, red or pink flowers grow tall with nodding stems above the rosette of heart-shaped, blue-green to dark green leaves. The foliage is marked with white veins and light green splotches.

Water the cyclamen whenever the soil begins to feel dry and try to keep the soil around the roots moist at all times. Water with lukewarm water and be careful to keep it off the foliage and crown as the plant is very susceptible to crown rot.

Fertilize the plant with a houseplant fertilizer using one-half the recommended strength every two weeks while it is flowering. When new flowers



cease to appear and the leaves turn brown, reduce the frequency and amount of watering and place the pot in a cool spot.

After flowering, let it rest until warm spring weather arrives. Repot in a mixture of equal parts houseplant potting soil and peat moss, with half the crown above the soil. Place in a sunny window or in a protected spot outdoors where it will be shaded during the brightest part of the day. (MJF)

Winter Care of Houseplants

Winter weather adversely affects growing conditions for houseplants. Proper care during the winter months can help insure the health of houseplants. Most houseplants grow well with daytime temperatures of 65 to 75°F and night temperatures of 60 to 65°F. Temperatures below 50°F or rapid temperature fluctuations may damage some plants. Keep houseplants away from cold drafts and hot air vents. Also make sure houseplant foliage doesn't touch cold windows.

Many houseplants prefer a humidity level of 40 percent to 50 percent. Unfortunately, the relative humidity found in many homes during the winter months may be only 10 percent to 20 percent, a level too low for many houseplants. Humidifiers are an excellent way to increase the relative humidity in a single room or throughout the entire home.

Simple cultural procedures can also increase the relative humidity around houseplants. Try grouping plants together. The water evaporating from the potting soil, plus water lost through the plant foliage or transpiration, will increase the relative humidity in the immediate vicinity of the houseplants. Another method is to place the houseplants on trays or saucers filled with pebbles or gravel and water. The bottoms of the pots should be above the water level.

Misting houseplants is not an effective method to raise relative humidity. Misting would have to be done several times daily to appreciably raise the humidity level and is simply not practical.

Houseplants require less watering during the winter months than in spring and summer. Actively growing plants need more water than those at

rest during the winter months.

Plant species also affects watering frequency. Ferns prefer an evenly moist soil and should be watered frequently. Cacti and succulents, on the other hand, should not be watered until the potting soil is completely dry. The majority of houseplants fall between these two groups. Most houseplants should be watered when the soil is barely moist or almost dry to the touch. When watering houseplants, water them thoroughly. Water should freely drain out of the bottoms of the pots. If the excess water drains into a saucer, discard the water and replace the saucer beneath the pot.

Houseplants need to be fertilized periodically when actively growing in the spring and summer. Fertilization is generally not necessary during the winter months because most plants are growing very little or resting. Indoor gardeners can begin to fertilize houseplants in March or April as growing conditions improve and the plants resume growth. Fertilizers are available in numerous forms: liquids, water soluble powders, tablets, spikes, etc. Regardless of the fertilizer type, carefully read and follow label directions.

Dust and grease often accumulate on the leaves of houseplants. The dust and grease not only makes them unattractive, it may slow plant growth. Cleaning houseplants improves their appearance, stimulates growth, and may help control insects and mites. Large leafed plants may be cleaned with a moist soft sponge or cloth. Another method is to place the plants in the shower or tub and gently wash the leaves. Be sure to adjust the water temperature before placing the plants under the shower head. (MJF)

Make a Holiday Wreath

A wreath is an attractive, easy-to-make decoration for the upcoming holiday season. Materials needed to construct a wreath include pruning shears, scissors, wreath frame, No. 22 or 24 gauge florist wire, wire cutter and evergreen branches. Decorative materials, such as ribbon, bows, pine cones, holly, various fruits, and ornaments, may be used to finish the wreath.

When selecting a wreath frame, individuals can choose from box wire, crimped wire, styrofoam, and straw frames. An ordinary wire coat hanger may also be fashioned into a small wreath frame. Frames, florist wire and other materials can be purchased at craft or hobby stores.

Evergreen branches can be obtained from the home landscape. A small amount of careful and selective pruning will not harm the trees and shrubs. Greens may also be purchased from garden centers, florist shops and Christmas tree lots or

farms. Additional materials, such as pine cones and bittersweet, can be purchased or collected outdoors.

A 15-inch diameter wreath frame is ideal for most home decorations. Cut the greens into 6- to 8-inch sections. Begin by firmly attaching the end of the wire roll to the frame. Place a small bundle of greens on the frame; then fasten the base of the twigs tightly to the frame with two or three turns of the wire. Position the second bundle of greens so as to cover the base of the first group.

Continue this procedure around the frame, placing the groups close together to produce a thick, full wreath. Tuck the base of the final bundle of greens beneath the foliage of the first group and fasten it to the frame. Decorate the wreath with a bow, cones, ornaments, etc.

Wire each item separately and fasten it to the frame. Finally attach a wire hanger to the top of the wreath frame.

The wreath is now ready for hanging.

When constructing wreaths, use only fresh greens.

Needles on old material will be dry and brittle. Fresh material will have a strong fragrance and pliable needles. Wreaths hung outdoors should remain fresh for 3 to 4

weeks. The average life of an indoor wreath, however, is about 7 to 10 days.

Indoor wreaths should be promptly removed when they become dry. The life of an indoor wreath can be prolonged by hanging it up only during special holiday occasions.

Carefully place the wreath in a plastic bag and store in a cool location, such as a garage, during the remaining time. (MJF)



2002 November/December Garden Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Store chemicals in frost free location	2 Water newly planted bulbs
3	4 Clean up fallen fruit	5 Rake leaves	6 Check stored vegetables and fruits for rot	7	8 Shred leaves for mulch	9 Turn compost pile
10	11	12 Mulch perennial plants	13 Finish garden clean up	14 Water trees and shrubs before ground freezes	15	16
17	18 Clean and repair garden tools	19	20 Pick bag worms from evergreens	21 Mulch strawberry plants	22	23 Prune and mulch roses
24	25	26 Check house plants for insects	27 Check stored bulbs and tubers for rot	28	29 Shop for your favorite gardener	30 Choose a live Christmas tree
1	2 Water Christmas tree daily	3	4 Wash garden gloves	5	6 Check bird feeders	7
8	9	10 Keep poinsettia in a warm, sunny, draft free location	11	12 Update garden journal	13	14 Protect young trees from rabbits by fencing
15	16 Order seed catalogs	17	18 Check landscape plants for snow or wildlife damage	19	20 Wipe dust off houseplant leaves with damp cloth	21
22	23 Do not over water houseplants	24	25	26 Do not walk on frozen lawns	27 Make list of garden supplies needed for next year	28
29	30 Have Christmas tree recycled for mulch	31				

Many of us need reminders. That is the purpose of this calendar. Check the calendar each month and follow the recommendations if they are necessary in your landscape situation. (MJF)



Horticulture Information Center

NUFACTS 24 hours a day, 7 days a week
1-800-832-5441; or 441-7188 in the Lincoln area

To listen to a NUFACETS information center message, call the number above on a touch-tone phone, then enter a three-digit number listed

below. Call 441-7180 to receive a brochure with all the NUFACETS message topics.

NUFACTS	137 Deicing Salt Injury	217 Boston Fern
110 Good City Trees	210 Amaryllis	218 African Violet Care
117 Tree Snow Damage	212 Swedish Ivy	219 Poinsettia Care
120 Christmas Tree Care	213 Prayer Plant	220 Houseplant Leaf Yellowing
124 Wood for Fireplace	214 Houseplant Insects	221 Holiday Cactus Blooming

Carbon Monoxide

The Hidden Killer

Carbon monoxide (CO) is a poisonous, invisible, odorless, colorless gas created by the incomplete combustion of fossil fuels, such as gasoline, wood, coal, propane, oil and methane. CO kills cells in the body by replacing oxygen in the bloodstream, which leads to suffocation.

Mild symptoms of carbon monoxide poisoning are flu-like, progressing from mild headache to severe headache, nausea and dizziness. More severe effects include difficulty breathing, unconsciousness and death.

CO is the largest cause of poisoning in the United States. Each year it kills an average of 544 Americans in accidental exposures, according to the Centers for Disease Control. Another 7,000 to 15,000 people are hospitalized annually.

The sources of CO are unvented kerosene and gas space heaters; leaking chimneys and furnaces; back-drafting from furnaces, gas water heaters, wood stoves and fireplaces; gas stoves, automobile exhaust from attached garages and environmental tobacco smoke.

Since this is the time of year when most of us have turned on

the heat in our homes, it is an appropriate time to take precautions.

How can you protect yourself and your family from CO poisoning? Bruce Sellon, Deputy Fire Chief, Lincoln Fire Department, suggests installing CO detector inside your home to provide early warning of accumulating CO. When it comes to placing detectors, Sellon says, "It makes sense to place them in living areas of homes. Think about where your gas, oil or kerosene burning appliances are and who you want to protect and place CO detectors in places that make sense. One detector for each level of the house is best."

A big problem is running a car inside the garage. Sellon, says, "Warming up a car in the winter in an attached garage, even for a few minutes, can produce dangerous concentrations of CO. It is best to pull the car out of the garage and let it warm up outside."

Tips for Buying a CO Alarm

Only buy an alarm that is listed by a qualified, independent testing laboratory. Note the manufacturer's recommenda-

tions for replacing CO alarms, as they might need to be replaced in two to five years.

When purchasing a battery-powered alarm for your home note the type of battery it requires. Some battery-powered CO alarms have unique battery packs designed to last approximately two years. Others may require yearly replacement. Still others have been designed to plug into an electrical outlet.

Have your local fire department's non-emergency telephone number at hand to call if the CO detector sounds. Test CO alarms as directed by the manufacturer.

What should you do if your alarm goes off? The NFPA recommends you leave the building immediately, turning off heating and cooking equipment as you go. Also, leave the doors open. In Lincoln, call 911 and members of the Lincoln Fire Department will come and check the CO levels in your home. In rural Lancaster County, volunteer fire departments should have these meters. Always get immediate medical attention if anyone exhibits signs of carbon monoxide poisoning.

Sources: National Fire Prevention Association, Lincoln Fire Department. (BPO)

Environmental Focus



Reduce Costs and Increase Yields with Biosolids!



Now that harvest activities are over, are you thinking about ways to improve production and cut production costs? You can reduce your out-of-pocket fertilizer costs, improve poor soil and increase yields by using municipal biosolids. This material is high in organic matter and contains all the nutrients that are needed by crops to grow. Most cooperating farmers see a yield benefit for 3-4 cropping years after an application.

To defray the cost of application, the city of Lincoln is paying up to \$.65 per cubic yard for application. If you don't have spreading equipment, you can rent a spreader from the city for a very reasonable cost.

Cooperators must have a loader and be able to apply the materials in a timely way. If cooperators are interested, they should sign up for the biosolid program before Jan. 15, 2003. They will be eligible for biosolids after soil tests are taken in the spring of 2003 and their field has been approved for application.

To receive paperwork or to find out more about the benefits of using biosolids, contact the extension office at 441-7180 and ask for Barb Ogg or Dave Smith.

Prevent Carbon Monoxide Poisoning from Small Gasoline-Powered Engines and Tools

Many people using gasoline-powered tools such as high-pressure washers, concrete cutting saws, power trowels, floor buffers, welders, pumps, compressors and generators in buildings or semi-enclosed spaces have been poisoned by carbon monoxide (CO). CO can rapidly accumulate (even in areas that appear to be well ventilated) and build up to dangerous or fatal concentrations within minutes. Examples of such poisonings include the following:

- A farm owner died of CO poisoning while using an 11-horsepower, gasoline-powered pressure washer to clean his barn. He had worked about 30 minutes before being overcome.
- A municipal employee at an indoor water treatment plant

lost consciousness while trying to exit from a 59,000-cubic-foot room where he had been working with an eight-horsepower, gasoline-powered pump. Doors adjacent to the work area were open while he worked. His hospital diagnosis was CO poisoning.

- Five workers were treated for CO poisoning after using two eight-horse-power, gasoline-powered, pressure washers in a poorly ventilated underground parking garage.
- A plumber used a gasoline-powered concrete saw in a basement with open doors and windows and a cooling fan. He experienced a severe headache and dizziness and began to act in a paranoid manner. His symptoms were related to CO poisoning.

These examples show a range of effects caused by CO

poisoning in a variety of work settings with exposures that occurred over different time periods and with different types of ventilation. Workers in areas with closed doors and windows were incapacitated within minutes. Opening doors and windows or operating fans does not guarantee safety.

If you use gasoline-powered tools in enclosed spaces, learn to recognize the symptoms and signs of CO overexposure: headache, nausea, weakness, dizziness, visual disturbances, changes in personality and loss of consciousness. Any of these symptoms and signs can occur within minutes of usage.

Source: National Institute for Occupational Safety and Health (BPO)

Enjoying Your Backyard Wildlife

- Providing a water source year-round attracts birds for drinking and bathing, and results in fascinating scenes of bird behavior at the bird bath. Clean feathers insulate better, and bathing helps birds keep parasites down. Many bird baths are available for purchase, and substitutes can be made from large clay saucers, upside-down garbage can lids, or similar containers. For winter months, a bird bath heater is a great addition for keeping the water open and available when birds need it.
- Keeping your bird feeding station clean is an important part of a bird feeding program. Because birds congregate at feeding stations, there is increased potential for transfer of disease from one bird to another. To minimize risk, keep feeders clean and disinfect them occasionally; a solution of one part household bleach to nine parts water is convenient and works well for this.
- During fall clean-up time, try to leave some leaves under shrubs or in other spots where they won't cover your lawn grass and where birds can find them. Leaf litter makes a great spot where birds such as rufous-sided towhees, Harris' sparrows and others can

forage for insects, seeds and other foods.

- Add a brush pile. A brush pile will provide winter shelter and foraging sites for birds, and often adds interest to an out-of-the-way backyard spot. After Christmas, add a Christmas tree or two.
- Keep a journal. Keeping a few notes in a backyard journal about what happened in your yard, can be a fun and rewarding adventure. Over time, you will have a great record of what to expect and when. Examples of things to include might be what birds come, what season or time of day they first show up, favorite plants or places in your landscape, where and how long they feed, what foods they like, behavior such as who chases whom and sounds you hear. You might also note your thoughts or feelings about the wildlife you see and your experiences. A backyard journal can help tailor your landscape or feeding programs in other years. What a terrific learning exercise and fun activity to do with children or as a family. (SC)

Source: NebGuide (G97-1332) "Backyard Wildlife: Tips for Success" available from your local extension office or on the Web at lanaster.unl.edu.

Neighborhood Cats

House cats and feral (wild) cats have a significant impact upon wild songbirds. A conservative estimate puts the cat population at about 55 million in the United States. If 80 percent of those cats were either feral or cats that were allowed to go outside, and if only one cat in ten caught one bird per day, 4.4 million birds would be killed per day by cats. Cats are not a natural part of the food chain and detrimental to songbird

populations.

If you own cats, keep them on a leash or indoors. At the very minimum, keep them inside or under control when nesting season and migrational periods are in full swing. The cat is not at fault for instinctively hunting. The owner is at fault for letting it do so.

Many residents enjoy bird feeding but do not want to see a pile of feathers left by a neighborhood cat. To protect birds at

feeders, place the feeders in areas where cats cannot get to them, away from limbs or other platforms from where cats can jump. If your neighbor's cats are in your yard, ask them nicely to keep them under control. Repeated offenders can be live trapped and turned over to city authorities as most urban areas have leash laws for both dogs and cats.

Source: Attracting Wildlife to Your Backyard, U.S. Geological Service. (SC)



Farm Views

Crop Protection Clinic Jan. 10



Lancaster County Extension will host a Crop Protection Clinic on Thursday, Jan. 10, 2003. Registration begins at 8 a.m. with sessions continuing from 9 a.m. to 4 p.m.

This very popular clinic offers many topics of interest to crop producers and agribusiness professionals alike. This year's topics are:

- New Herbicides for 2003
- Herbicide Carryover and Dry Weather
- Herbicide Drift Injury to Crops
- Microbiological Soil Management
- Grasshoppers
- Alfalfa Insects
- Soybean Cyst Nematodes
- Mycotoxins in Food and Feed-grade Corn.

Commercial Pesticide Applicators will be able to renew their General Standards and Ag Plant certification by attending the entire workshop session.

An evaluation survey following last year's clinic

indicates the value of the clinic to Nebraska farms. In 2002, 155 people attended the clinic in Lincoln. This was a split of roughly 50/50 between producers and agribusiness or agency personnel. We received 84 evaluations showing 756,553 crop acres grown, managed or scouted. Twenty-six participants responded to the question "What would you estimate the value of this program to you (in dollars per acre)?" The response was an average value of \$6.15 per acre. These 26 respondents reported 698,990 acres grown, managed or scouted—resulting in an **estimated benefit of \$4.3 million** to the private individual or to the people they serve as an ag professional.

A \$30 registration fee includes proceedings, publications, refreshments and the noon meal. For more information, call Tom Dorn at 441-7180. (TD)

Feeding Value of Drought-Stricken Corn Grain for Swine Not Affected

Despite the drastic reductions in grain yield due to the drought, the feeding value of drought-stricken corn for swine may not be affected.

Nebraska's 2002 growing conditions were not favorable for optimum corn production. Inadequate moisture and high temperatures reduced corn yields. But University of Kentucky research found drought had no effect on test weight, metabolizable energy or pig growth performance.

In some instances, drought stress during grain fill can reduce grain test weight. However, corn research suggests there is a poor relationship between test weight and corn's nutritional value. Pig growth rate is seldom affected by corn test

weight as long as the test weight is not reduced by more than 30 percent. If the low test weight corn has less metabolizable energy, pigs will compensate by increasing feed consumption, resulting in poorer feed efficiency. Fat can be added to diets containing low test weight corn to offset a possible reduction in feed conversion efficiency.

Corn weighing between 40-56 pounds per bushel has the same feeding value for growing-finishing swine when compared on an equal moisture basis. When test weight drops below 40 pounds per bushel, growth rate and feed efficiency may decrease by 5 percent to 10 percent.

see CORN FOR SWINE on page 5

Some southeast Nebraska counties are finding corn grown under drought conditions in 2002 has tested positive for Aflatoxin and other mycotoxins. Mycotoxins are compounds produced by certain molds that can be toxic to farm animals, wildlife and humans. Usually these molds become associated with kernels in the field; however, under certain conditions of temperature, relative humidity and grain moisture, they can grow within the colonized kernel and even spread to adjacent kernels during transport and storage.

Animals can tolerate minute levels of mycotoxins with no adverse effects, but above certain threshold levels, symptoms can appear. See Table 1 for the FDA tolerance levels for several mycotoxins. This article will discuss how a producer can deal with Aflatoxin levels that are too high.

According to the Nebraska

Table I. FDA tolerance levels for some mycotoxins.

Mycotoxin	FDA Tolerance	Target
aflatoxin	0.5 ppb (parts/billion)	milk
	20 ppb	dairy
	100 ppb	mature breeding cattle, swine, and poultry
fumonisin	200 ppb	finishing swine
	300 ppb	finishing beef
	5 ppm (parts/million)	horses
vomitorxin	10 ppm	swine
	50 ppm	cattle
	1 ppm	human
	5 ppm	swine
	10 ppm	cattle, chickens

Department of Agriculture, corn with over 1,000 parts per billion (ppb) of Aflatoxin must be destroyed. (As of the third week in October, no corn sampled in Nebraska has even come close to such a high level.) The Nebraska Department of Agriculture does allow grain with high levels of Aflatoxin (but less than 1,000 ppb) to be blended with corn testing lower or negative for Aflatoxin — provided the blended product is intended as animal feed to be fed to finishing beef cattle or to finishing swine weighing more than 100 pounds. The following requirements must be met. The grain producer or user must resample and test after blending to certify the blend does not exceed 300 ppb for finishing cattle or 200 ppb for finishing swine over 100 pounds body weight. The test results must be kept for no less than a year.

For grain sold in intrastate commerce, the shipper/seller must test the final blend to make certain it met the 200 or 300 ppb Aflatoxin requirement. The seller would have to provide an invoice stating the level of aflatoxin in the finished product. The invoice would need to designate the

species intended to be fed and have some assurance the buyer is aware of the level and will use according to its intended purpose.

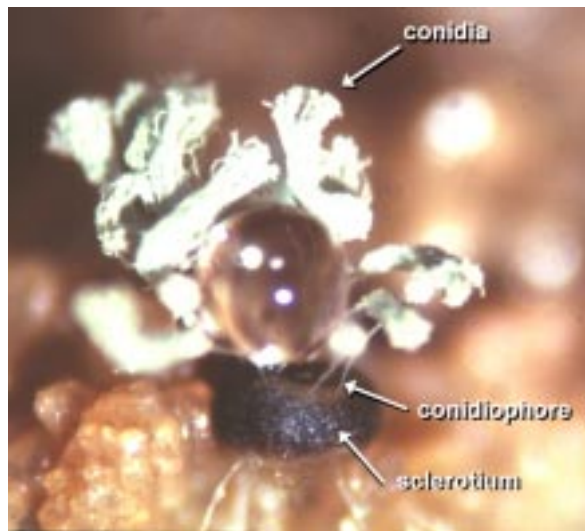
For interstate commerce, blending is also allowed provided the feed is intended for finishing beef cattle only. The same testing requirements must be met as above, but the maximum aflatoxin level cannot exceed 200 ppb. As above, an invoice must accompany the grain stating the

aflatoxin level, and the seller must have some assurance the buyer is aware of the contamination level and will use the grain for its intended purpose.

How to Mix Blends to Meet Criteria

A Pierson square is a method used in many agricultural applications where two ingredients with different levels of a physical or chemical property are blended together in precise proportions so the resulting mixture will have a predetermined amount of the property. This method can be used to create grain mixtures with desired protein content, moisture content or other properties. Aflatoxin level is one such property for which a blended product can be created.

Procedure for using a



Conidia (spores) production by the grain mold fungus *Aspergillus flavus* which produces the toxin aflatoxin.

Pierson Square:

1. Draw a square with diagonal lines connecting the corners.

2. Place the aflatoxin test results of the two corn sources in the upper and lower left-hand corners, respectively.

3. Place the desired value of the blend at the intersection of the diagonal lines in the center of the square.

4. Subtract diagonally across the square. That is, subtract the upper

left-hand value from the desired value (center value) and report the absolute value of the difference in the lower right corner. Subtract the lower left-hand value from the desired value and report the absolute value of the difference in the upper right corner.

5. Add the right-hand values to find a total.

6. Divide each right-hand value by the total and multiply by 100 to convert from decimal to percent. The result in the upper-right represents the percentage needed of the ingredient in the upper left-hand corner. The result in lower-right represents the percentage needed of the ingredient in the lower left-hand corner.

Example: A hog producer has two sources of corn. Initial screening tests for Aflatoxin came back positive in both sources. Subsequent quantitative analysis shows corn source A has an Aflatoxin level of 350 ppb while corn source B has an Aflatoxin level of only 10 ppb. The producer is starting a group of feeder pigs weighing 120 pounds. From Table 1 (see box), the FDA tolerance level of Aflatoxin for feeding swine more than 100 pounds body weight is 200 ppb. Allowing for a margin of safety, we will set a target of 165 ppb Aflatoxin in the blend. How many pounds of each corn source should the farmer blend to make 1,000 bushels (56,000 pounds) of corn with 165 ppb of Aflatoxin?

See Figure 1 — Example Using a Pierson Square. Answer: The final blend should be 45.6% corn source A and 54.4% corn source B. Or $56,000 \times 0.456 = 25,536$ pounds corn source A and $56,000 \times 0.544 = 30,464$ pounds corn source B.

For more information see NebGuide (G00-1408) "Grain Molds and Mycotoxins in Corn" online at www.ianr.unl.edu/pubs/plantdisease/g1408.htm.

Figure 1. Example Using a Pierson Square.

Corn Source A	350	155	$155/340 = 0.456 \times 100 = 45.6\%$
Corn Source B	10	185	$185/340 = 0.544 \times 100 = 54.4\%$
	Total 340		

Fall Brings Garden Clean-up

For a healthy garden next spring, make garden clean-up a fall routine.

Diseased plant materials should be buried deeply in the soil or disposed of in the garbage. If you're managing a compost pile so temperatures reach 140 degrees, discard diseased plant materials rather than placing them in the compost pile.

Weeds with seed should also be disposed of in the trash.

Weed seeds can survive many years in the soil and if mixed into the garden soil will provide ample weeding opportunities in future years.

Fall is an excellent time to add organic matter to the soil. Spading in a layer of leaves, grass clippings and/or compost will help provide nutrients for next year and improve the soil texture as it freezes and thaws throughout the fall and winter. Spading keeps the soil rougher

so it can absorb snow and rain.

If you can't spade by hand, rototilling is an option, but don't over do it. Over-tilling can damage the soil structure making future cultivation more difficult.

Fall is the time to fertilize your lawn, but don't add granular fertilizer to the garden. Without plants growing and absorbing the nutrients, most of the nitrogen will leach away and be wasted. (DJ)

Urban Agriculture



Sales Tax on Tree Planting Services

Natural Resource Districts (NRD) that sell live plants (trees and shrubs) to individuals or businesses, are a retailer and are required to be licensed and collect and remit sales tax on the selling price of the plant material. This tax change is part of the Legislature's solution adopted during the last regular session to address the budget situation.

If the NRD sells and plants the trees, they were required Oct. 1, 2002 to collect sales tax on the total amount charged for the trees and the total amount charged for planting the trees. The charge for planting the trees is taxable regardless of whether the planting charge is separately itemized or separately

invoiced.

If the NRD sells the trees and pays a third party to plant the trees, the total amount charged for the trees and the charge for planting are taxable. If the NRD sells the trees and the new owner of the trees hires someone else to plant the trees, the person planting the trees is a retailer and required to be licensed and collect and remit sales tax on the charge for planting the trees.

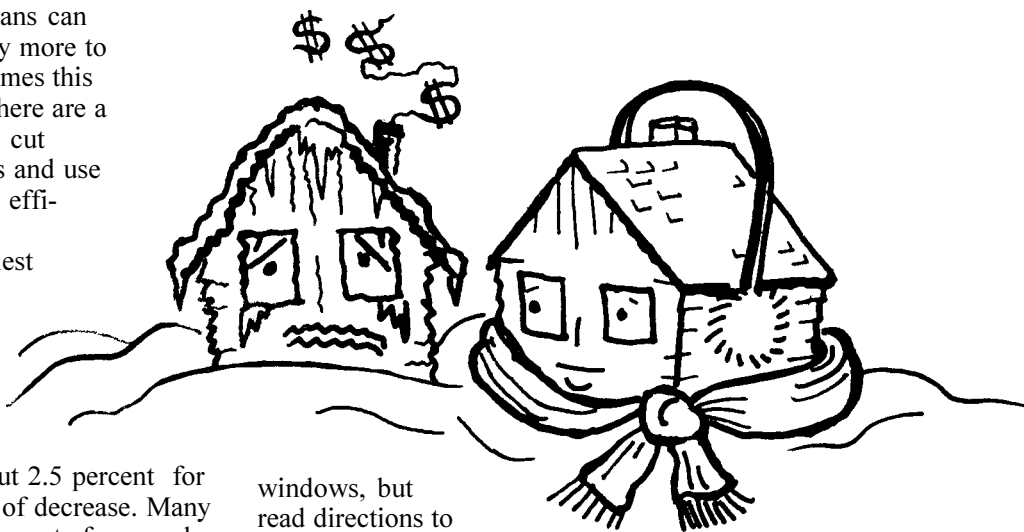
If you have questions regarding procedures relating to collection and remitting the tax, you can contact Cliff Thomas, Nebraska Department Of Revenue, at 471-5676 or e-mail cthomas@rev.state.ne.us. (DJ)

Use Energy More Efficiently, Cut Heating Costs

Nebraskans can expect to pay more to heat their homes this winter, but there are a few ways to cut heating costs and use energy more efficiently.

The easiest way to save energy is to lower the thermostat setting. Energy is reduced about 2.5 percent for each degree of decrease. Many people compensate for a cooler environment by dressing warmer or by adjusting to the new temperature. Another option is to turn down the thermostat at night or when nobody is home or use an automatic setback thermometer.

A cooler environment will be more comfortable if drafts are eliminated. If windows rattle in the wind or curtains flutter, the weather stripping around the windows probably needs to be replaced. If weather stripping can't be done during cold weather, stuff rope caulk in the cracks, which can be removed in the spring without damaging the woodwork. Plastic interior window kits may work well and will reduce condensation on the



windows, but read directions to avoid damaging the window trim. Closing blinds or drapes during the evening also increases comfort because it keeps heat from radiating to the outside, reduces convection currents and heat loss through conduction.

Hire a qualified heating professional to service the heating system so it operates as efficiently as possible. Between maintenance, be sure to check filters — dirty filters slow down the flow of heat as well as affect air quality and efficient operation. A furnace from the 1960's or earlier can waste up to 30 percent of energy, so consider replacing older models with a modern condensing furnace or other energy-efficient designs.

Adding insulation and replacing windows are two other options, but should be done after the previous steps have been taken. Insulation is relatively inexpensive and usually will save enough energy to pay back the cost in a few years. Single-pane leaking windows can be replaced with new ones that are energy efficient. Consider double-glazed windows with a low-E coating and an inert gas filling the space between the two layers of glass. (DJ)

SOURCE: Shirley Niemeyer, Ph.D., housing and environment specialist, NU/IANR; John Merrill, housing specialist, University of Wisconsin.

Christmas Trees are Renewable Resources

Purchasing a live Christmas tree can raise concerns about cutting a beautiful, living tree. However, cutting the tree actually helps fulfill its destiny.

Dennis Adams, extension forester, says that most live Christmas trees are grown and cultured in plantations with the specific purpose of harvest at a certain size or age. It takes an average of seven years to grow a six to seven foot pine Christmas tree. When these trees are harvested, most growers replant with seedlings the following spring to begin the cycle again.

The replanting of Christmas trees makes them renewable resources. When a live Christmas tree is bought, a renewable resource is used rather than



depleting the unrenewable resources used in manufacturing artificial Christmas trees.

Live Christmas trees also are beneficial because they help clean the air, control soil erosion and provide habitat for wildlife while they are growing. Live Christmas trees also may be a way of arousing an appreciation of the beauty and usefulness of trees in the minds of children. A keen appreciation of trees is an important step toward the will to plant and care for them. (DJ)

Corn Grain for Swine

continued from page 4

It's also important to watch for mycotoxin contamination, particularly zearalenone, vomitoxin and fumonisins. Aflatoxin is seldom a problem in Nebraska, but this year could be different. Drought causes plant stress which increases the risk of mycotoxin development in the grain. The signs of mycotoxin contamination in pigs include swollen vulvas in four- to six-week old gilts, feed refusal, reduced growth performance and respiratory problems.

Keep all mycotoxin-contaminated corn out of breeding herd and starter pig diets. Mycotoxin-contaminated grain may be fed to finishing pigs as long as the mycotoxin level in the diet does not exceed the following rates: 200 ppb aflatoxin, 3 ppm zearalenone, 1 ppm vomitoxin or 5 ppm fumonisins. Minimize

stress and boost dietary nutrient density to help pigs tolerate mycotoxins in the feed. The University of Nebraska Veterinary Diagnostic Center will analyze corn for mycotoxins. More information is found in the NU NebGuide (G00-1408) "Grain Molds and Mycotoxins in Corn."

Corn grown under drought conditions usually contains more crude protein than that grown under normal conditions. The drought-stricken corn protein content may be increased by 1 to 1.5 percentage units. However, don't use less supplemental protein in swine diets when using drought-stricken corn. As the protein content of corn increases, the lysine content (the most limiting amino acid in corn for swine) does not increase at the same rate. Pigs don't require protein in their diet, they require amino acids which are found in protein. If diets using higher

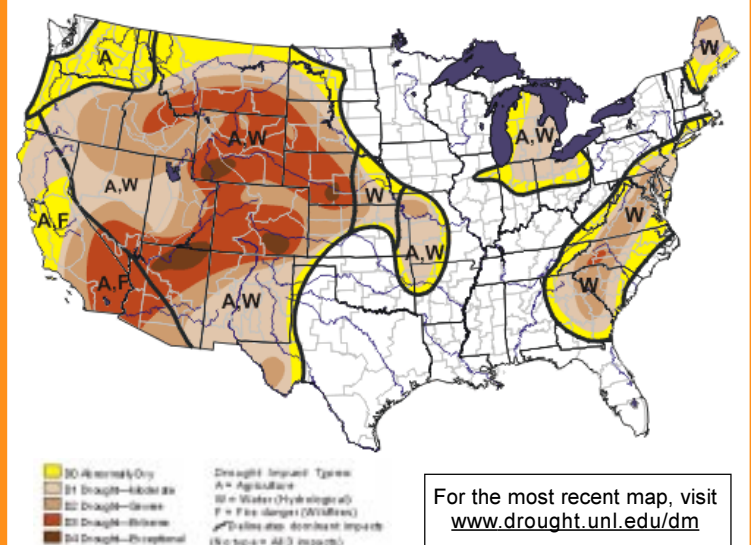
protein corn are formulated on a crude protein basis, they may be low in lysine resulting in reduced pig performance. Therefore, maintain the same level of supplemental protein in swine diets when using drought-stricken corn.

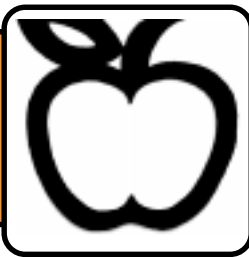
It's best to use lower test weight or lower quality corn in late finishing diets because older pigs utilize lower energy feedstuffs better than younger pigs. Consider blending lower quality and higher quality corn in finishing swine diets to reduce problems due to test weight and mycotoxins. Some producers may want to add a mycotoxin binder to diets to lessen the effects of mycotoxin consumption by pigs. (TD)

SOURCE: Duane Reese, Ph.D., swine specialist, NU/IANR

Latest U.S. Drought Monitor Map

As of Oct. 29, Lancaster County is in Moderate Drought conditions.





Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

This year the Nebraska Department of Agriculture – Poultry and Egg Division is again offering a user-friendly, consumer-oriented brochure to ensure a safe and delicious turkey dinner. To request **Take the Guesswork Out of Roasting a Turkey**, and for free recipes and ideas on how to utilize turkey leftovers, contact Mary Torell by e-mail at mtorell2@unl.edu or call 472-0752. Each contact will receive a \$2 off coupon for their choice of a smoked or regular turkey from NORBEST, a Nebraska grown product.

Here's a simple and delicious recipe using leftover turkey.

Rice-N-Turkey Casserole

(Serves 6)

2 cups cooked long-grain rice, white or brown
2 cups cubed cooked turkey
2 zucchini, medium size, cut into 1/4-inch rounds
3/4 cup shredded Monterey Jack cheese
1 can (4 ounces) chopped green chilies, drained
2 tomatoes, medium size, halved lengthwise, then sliced crosswise

TOPPING

Combine 1 cup sour cream, 1/3 cup chopped onion, 1/2 teaspoon salt, 1/4 teaspoon dried oregano and black pepper to taste.

Prepare topping. Spread rice in a greased 2-quart baking dish. Layer turkey, zucchini, cheese, chilies and tomatoes over rice. Spread topping over casserole. Sprinkle with cheese and bake at 350°F for 30 minutes.

Approximate Nutrient Content Per Serving: 523 calories; 27 gm protein; 20 gm fat; 59 gm carbohydrates; 679 mg sodium; 76 mg cholesterol

Holiday Indulging Without Bulging

Alice Henneman, MS, RD
Extension Educator

Add pleasure, not pounds over the holidays by following these seven guidelines for “indulging without bulging.”

1: Put Less on Your Plate

“Less” can mean smaller amounts. “Less” also can mean fewer foods. The latter is sometimes a more successful strategy.

For example, if you make

only two dips for a party, you'll probably do less sampling during preparation and at the party. At a restaurant, if you order just the entree without the rolls, salad, etc., there will be fewer foods to “just taste.” And if you bake holiday cookies, the more types you bake, the more cookies you'll likely eat!

2: Take a Bite — Count to 8

It takes about 20 minutes after food enters your mouth before the brain starts perceiving
see INDULGING on page 11

Web Resources for the Holidays

- What's the correct way to thaw a turkey?
- How can you prepare food ahead of time for the holidays?

Find the answers to these questions and MORE on the “Food Safety Links for Home Cooking” section.

Keep up-to-date on new tips, resources and recipe ideas by signing up for our monthly Cook It Quick e-mail messages.

lancaster.unl.edu/food

Rated “Among the Best”



Thanksgiving Turkey Tips

Mary Torell
Public Information Officer,
Nebr. Dept. of Agriculture,
Poultry and Egg Division

Thanksgiving — a time honored American tradition based on thankfulness and the bounty of our land. Here are some tips to ensure a perfect Thanksgiving turkey at that special holiday meal.

Time and Temperature Equals Taste

To make sure you have the perfect turkey this Thanksgiving, check to make sure the turkey reaches a temperature of 170°F in the breast and 180°F in the thigh. The true indicator a turkey is ready to eat is to measure the bird's temperature with a food thermometer. Accurate temperatures, both in the oven and the turkey, are important for quality safety and taste.

Since most consumers spend little time in the kitchen during the year, it's important to check the oven thermostat and oven temperature to verify the oven setting

Thermometer Use

A recent survey taken by the National Turkey Federation (NTF), found less than 50 percent of home chefs use a thermometer to determine if their turkey and/or stuffing are thoroughly cooked. This could mean many consumers are overcooking or undercooking their turkey — leading to a disappointing outcome.

NTF wants to make a food thermometer a cook's best friend by providing guidelines to ensure proper use.

TURKEY ROASTING TIMES

(Approximate Timetable for Roasting a Turkey at 325°F)

NOTE: It's recommended you roast your turkey unstuffed for best safety and quality. If you do stuff your turkey, the only way to determine your stuffing is safely cooked is to use a thermometer to assure the stuffing is cooked to a safe temperature of 165°F. If you choose to stuff your turkey, make sure it is stuffed loosely.

Weight	Unstuffed	Stuffed
8 to 12 pounds	2¾ to 3 hours	3 to 3½ hours
12 to 14 pounds	3 to 3¾ hours	3½ to 4 hours
14 to 18 pounds	3¾ to 4¼ hours	4 to 4¼ hours
18 to 20 pounds	4¼ to 4½ hours	4¼ to 4¾ hours
20 to 24 pounds	4½ to 5 hours	4¾ to 5¼ hours

Time Measurement

Time is a measurement that helps ensure a turkey is done. The turkeys purchased today yield a higher proportion of white meat, which cooks faster than dark meat and shortens the time it takes to prepare the turkey.

Food Thermometers

Food thermometers are more high-tech and easier to use than ever before. There are pop-up, digital, instant-read and disposable. Proper placement is the key for an accurate read. Insert the thermometer 2-1/2 inches in the deepest portion of the turkey breast or into the inner thigh near the breast. Make sure the thermometer does not touch the bone. When inserting the thermometer in the turkey breast, insert it from the side, which make it easier to read and more accurate than inserting from the top.

Shorter Cooking Times

Only 8 percent of respondents in a recent NTF study were aware of the new shorter cooking times released in 1995. The new cooking timetable, developed by University of Georgia, indicated it is possible

to shorten recommended cooking times for whole turkeys and still ensure a safe and delicious product.

Year Round Appeal

More than 90 percent of Americans will eat turkey on Thanksgiving, consuming about 45 million birds.

However, turkey is not just for Thanksgiving anymore. Consumption patterns have changed as more and more American's are realizing turkey is not only nutritious, but tastes good too.

In the last 25 years, per capita consumption has almost doubled to 18 pounds of turkey a year. More of it is being consumed outside the holiday season. Only 32 percent of consumption occurs during the winter holidays, compared to 50 percent in 1975.

The variety of turkey cuts and products available today makes it easy to enjoy turkey all year long. Turkey products can be found in the form of a burger, tenderloin, cutlet, sausage and deli meat, just to name a few. As a product adaptable to all cooking methods — microwave, oven and grill — turkey is a tasty treat to be enjoyed at any meal, any time of the year.

Food Safety Habits



Mary Abbott
Extension Assistant

Food Safety Quiz

Take the following quiz and evaluate your food safety habits.

1. Is meat selected at the beginning of your shopping trip? ☐ Yes ☐ No
2. Do you drive directly home from the grocery store? ☐ Yes ☐ No
3. Are perishable foods put in the refrigerator as soon as you arrive home? ☐ Yes ☐ No
4. Do you keep your raw meat in the refrigerator until it is

time for cooking?

☐ Yes ☐ No

5. Is food eaten as soon as it is cooked? ☐ Yes ☐ No

6. Are you distracted by television while eating meals? ☐ Yes ☐ No

7. Do you relax after eating and then clean up leftover food? ☐ Yes ☐ No

8. Do you reheat leftovers and eat them immediately? ☐ Yes ☐ No

9. Have the leftover foods in your refrigerator been there for more than two days? ☐ Yes ☐ No

10. Do you clean and sanitize your cutting board between uses? ☐ Yes ☐ No

Correct answers are “Yes” for numbers 2, 3, 4, 5, 8, 10; and

“No” for numbers 1, 6, 7, 9.

Incorrect answers suggest the food you are eating may not be as safe as possible.

Food Safety Tips

Follow these suggestions to maintain good food safety habits:

- Perishable food should not be out of the refrigerator for more than two hours. Warm temperatures allow bacteria to grow and increase to numbers that may cause illness.

- Keep the food in your house safe from harmful bacteria by selecting perishable foods at the end of your shopping trip. Drive directly home from the store and immediately put meat, dairy foods and eggs in the refrigerator.

- Eat food as soon as it is cooked and put any leftovers directly in the refrigerator.

- Eat reheated food immediately.

- Discard leftovers after two days.

- Clean and sanitize cutting boards after each use.

Lines from Lynn

Lynn Bush
FCE Council Chair

Another year is winding down (way too fast). It's hard to believe it is almost Thanksgiving.

Achievement Night was a success. We had a good turnout despite the threat of our first snowfall of the season. Our speaker was Kristine Marton from Cedars Home. She really opened the eyes of a lot of us. We had no idea Cedars touched so many people and had so many facilities throughout the city and state. If your club is looking for a service project, give Cedars a call.

Our evening ended with the award presentation. Four clubs were recognized for attending all council meetings. They were Busy Bees, Forty-Niners, Helpful Homemakers and Salt Creek Circle. Forty-Niners were honored for being a 50-year



Membership award winners were (front) Doris Seidell, (2nd row, L-R) Ann Meier, Irene Colburn, (3rd row, L-R) Wilma Janssen, Rose Pribyl, Carleen Schaepe, (back row, L-R) Donna DeShon, Jean Darr, Lela Wagner, Elaine Bertrand. Not Pictured: Joyce Dolezal, Alda Wissink, Lorraine James, Elvina Lyman, Carmelee Tuma

club. The following were honored for their years in FCE. Carmelee Tuma, Salt Creek Circle, 15 year member; Elvina Lyman, Beltline, 20 year member; Elaine Bertrand, Busy Bees and Donna DeShon, Forty-Niners, 25 year members; Jean Darr, individual member,

Lorraine James, Helpful Homemakers and Lela Wagner, Salt Creek Circle, 30 year members; Joyce Dolezal, Helpful Homemakers, Wilma Janssen, Salt Creek Circle, Carleen Schaepe, individual member, Alda Wissink, individual member, 35 year members; Irene Colborn, Helpful Homemakers, 45 year member; Ann Meier, Forty-Niners, 50 year member and Doris Seidell, individual member, 60 year member. Congratulations to all the honorees. Hope all of you maintain your memberships so you too can be recognized for your years in FCE at a future Achievement Night.

Thanks to all of you who attended Achievement Night. A special thanks to all of you who brought food for the Food Bank (132 pounds collected) and soap, shampoos, etc for Cedars.

As the holidays approach, may you each remember to give thanks for all the blessings in your life.

Have a very Happy Holidays!



The Forty-Niners were presented with the 50-Year Club award. Members pictured are: (standing, L-R) Rosie Pribyl, Ann Meier, Donna DeShon, Joy Kruse, Marcella Hunt, and (sitting) Joanne McChesney.

★ FCE News ★

Family Community Education (FCE) Leader Training Lesson

The January FCE leader training lesson "Helping Kids in Divorce" will be Tuesday, Jan. 7 at 1 p.m. This lesson will help parents, grandparents, caregivers and family members support kids dealing with divorce. Information will be based on the "Parents Forever" program developed as an educational tool for families in divorce transition.

Non-FCE members interested in attending should preregister by calling Pam at 441-7180 a week before the lesson so materials can be prepared. (LB)

Preserve Memories with Proper Photo Care

Old family photos are fun and interesting. They provide a visual record of your family's everyday activities and often bring back special memories of family gatherings and past holidays. Photos often provide enjoyment for all family members and serve as a bridge between generations and for those living far away.

Holiday activities provide many opportunities for both candid and posed photos showing special preparations and observances of family traditions and celebrations. Copies of these pictures can then be shared via mail or Internet with family

members unable to be there.

It is important to follow recommended practices to help keep family snapshots in good condition and ready to pass on to future generations. Pictures taken in the 1950's and 1960's are especially in danger of being lost if they were taken in color. It is important to realize light, moisture and temperature can harm old photos, so keep them from extreme environmental conditions. It's also important to use acid-free, preservation-quality materials for storing and displaying precious family snapshots. In fact, preservation-quality photo books make

wonderful holiday gifts for a family member who enjoys photographs or family history.

It's equally important photos are organized and labeled so future generations won't be asking such questions as "I wonder who this is?" or "I wonder where this was taken?" Or "I wonder when this event was held?" Sometimes even "ordinary" photographs can be important because they may help us understand a culture or a way of life during early times by studying such things as clothing styles, the interiors and exteriors of houses, transportation and social activities. (LJ)

Family Living



by Lorene Bartos, Extension Educator

Holiday Stain Removal

Beverages (Wine, Alcohol and Soft Drinks): Sponge with cool water. Soak for 15 minutes in 1 quart of lukewarm water, 1/2 teaspoon liquid dish detergent and 1 tablespoon of white vinegar. Launder. If stain remains, soak in an enzyme presoak for 30 minutes.

Candle Wax: Scrape excess from fabric with a dull knife. Spray or sponge with dry-cleaning solvent, then rub with heavy-duty liquid detergent before washing. Pressing the wax between paper may set the candle dye more permanently by making it harder for the solvent to penetrate the wax. Launder using hot water and chlorine bleach if safe for fabric.

Grease, Oil and Butter: Sponge with dry-cleaning solvent, then air dry. Apply detergent to stain and launder. OR use prewash stain remover and launder.

The "Holiday" Season

The 21st century was a time of much change in the United States in terms of religious practice. At the beginning of the century, most people in the United States were Christian. Today diverse religious and cultural practices are much more prevalent.

As we enter the 21st century, a majority of people in the U.S. identify themselves as Christian; including 61 million Roman Catholics, 32 million Baptists, 14 million Methodists and 4.3 million Presbyterians. Over 4 million Americans are members of one of the Eastern Orthodox Christian churches. The U.S. is also home to some 5 million Buddhists, 3.3 million Jews, 3 million Muslims, and 1.2 million Hindus. These groups represent a wide variety of religious practices and traditions. There is also a significant portion of the population that does not align itself with any religious doctrine and considers itself agnostic or atheist.

Because of this diversity, a wealth of important religious holidays and cultural celebrations occur in the winter months traditionally known as the

"holiday season." With the hustle and bustle of this busy time of year, it is easy to overlook practices or observances that are different than those you and many of your friends and family members may celebrate. Certainly no one wants to embarrass or offend anyone. Here are a few tips and guidelines for displaying respect for religions and traditions that may be observed by long-time members of your community as well as new residents.

Be Accurate and Sensitive

Cultural differences are wonderful opportunities for families to learn about various religions and cultural traditions and their historical importance. Some religions, however, teach celebrating holidays, even birthdays, is not in accordance with their faith. As appropriate seek alternative ways to celebrate together.

Avoid Stereotyping

Many groups celebrate the

see *HOLIDAY SEASON* on page 11

CHARACTER COUNTS! Corner

Caring Can Be Taught

Children learn to care for others first by being cared for themselves. They also learn to care by accepting nurturing responsibilities, such as care for pets, and helping others. How often do children observe you or those around them initiate acts of kindness? Do you include them when you do caring things for others? The long holiday season is a great time to teach caring by participating in food and toy drives, visiting people without families and giving of yourself. It is important children learn giving is as important as receiving; caring is going beyond self for the benefit of others. (LJ)





4-H & Youth

Community Service Corner

Holiday Gifts Needed

There is always a need for helping the less fortunate, especially around the holiday season. Lincoln Public Schools Headstart Program is in need of over 300 gifts for children birth to 5 years old. New, handmade or purchased items such as books, stuffed toys, dolls, cars, trucks, markers, puzzles, etc., are needed. Literacy is being emphasized this year, so books and items that encourage reading are suggested.

If gifts are wrapped, please indicate what the item is, the cost (\$5 recommended) and if the gift is for a boy or girl. Bring gifts to the extension office by Dec. 1.

For more information, contact Lorene at 441-7180. This is an excellent community service program for 4-H, FCE and other community clubs. Individuals are welcome to participate. (LB)

4-H CAN Fight Hunger

In an effort to fight hunger, Nebraska 4-H will be conducting a 4-H CAN Fight Hunger Campaign. The goal is collecting 4000 pounds of food. Collect donated food now until Jan. 5, 2003 and donate it to a charity of your 4-H club's choice. Please report to Tracy the total weight of the food collected, the number of youth and adult volunteers, the number of total volunteer hours, the agencies and/or groups who benefitted from the food drive and any publicity the project received. Call Tracy at 441-7180 for more information and for 4-H CAN Fight Hunger promotional material. (TK)



State Horse Show Contests Change

The decision has been made to hold the Horse Bowl, Public Speaking and Demonstration contests apart from the State 4-H Horse Exposition in 2003. They have been scheduled for March 14-16, 2003. The specific times and locations of these contests will be decided as soon as possible.

Remember, you will need to get an early start this year if you'd like to participate in the State Horse Show contests, so begin organizing your Horse Bowl team now! (EK)

Horse VIPS Committee Meetings

Our regular monthly meetings of the 4-H Horse VIPS Committee have been changed to the second **Monday** of each month at 7 p.m. at the Lancaster Event Center, 84th & Havelock in the meeting room of the Exhibit Hall (southeast of the multipurpose arena and pavilions). Everyone is invited and encouraged to attend. We could always use a few more good volunteers! (EK)

4-H Horse Leader Training

There is a Lancaster County 4-H Horse Leader training tentatively scheduled for Saturday, Feb. 1, 2003. If you are currently a club leader, please put the date on your calendar and plan to attend. The meeting will be open to any person interested in assisting with and learning more about leading a 4-H Horse club. (EK)

4-H! A Great Experience!

Sheri Ramirez
4-H Leader and Parent

Amber Ramirez began her 4-H career by judging livestock in rural Nebraska. Then she moved to Lincoln and joined a new club. She has been a member of three clubs during her 10 years in 4-H. Currently, Amber belongs to Pet Pals and Flamingos.

Nine years ago, Amber was diagnosed with a very rare seizure disorder. After three surgeries, and many years of seizures, she underwent removal of the left hemisphere of her brain three years ago. Amber has had to relearn to read, write, speak and work one-handed. When she was hospitalized for surgery, both of her 4-H groups sent many get-well wishes and hosted a donation event for her at the county fair.

Amber currently is a senior at Lincoln High school and is an active young adult. She spends many hours as a community service volunteer. This summer, Amber logged 76 hours of volunteer time at Folsom Children's Zoo and Botanical Gardens. Among her duties were walking the ponies, helping with the barnyard critters - including the pygmy goats, Critter Corner, face painting and riding the train. "Those goats were always chewing on my clothes," smiled



Amber showed off her guinea pig Cuddles at last year's fair.

Amber. "But it was great fun."

At Legacy Terrace Retirement Community, Amber assisted older adults with craft projects and enjoyed giving manicures to many of the women. These visits enhance the lives of residents who very often have few visitors. "They always want pink," exclaimed Amber.

At the 2002 Lancaster County Fair, Amber was awarded the Grand Champion Mammal trophy for showing Cuddles, her favorite cavy (guinea pig.) Cuddles and Amber are invited guests to the Children's Museum several times each year. They always enjoy being part of the educational events there.

Amber has gained much

from 4-H. After her surgeries, Flamingos gave her a welcome home party. These 4-H members helped Amber gain back her self esteem and self assurance. They did so much for us when she was gone. She has always felt very fortunate to belong to an organization as inclusive as 4-H.

4-H has something for every child. Whether you have a gift for doing the project or if you don't, 4-H still finds a place for you. It offers great opportunities for kids to gain self esteem and self awareness with no strings attached. All youngsters can find their niche.

Amber has enjoyed a wide variety of projects such as sewing, baking, woodworking, crafts and showing her many pets at fair time. 4-H has been a great experience for Amber.

Music Contest and Family & Consumer Science Judging Contest are Retired

The Nebraska State 4-H office recently announced that the traditional Family & Consumer Science Judging Contest has been retired at both the county and state levels. A new event will be offered this summer, showcasing hands-on learning opportunities in FCS subject matter areas as well as offer chances for participation in team problem solving, oral presentations and possibly an FCS quiz bowl.

The Nebraska State 4-H office also retired the Music Contest at both the county and state levels. A new performing arts "camp" will draw upon the expertise of faculty and students within the College of Fine and Performing Arts, has been established. This is one of the fastest-growing colleges at the University of Nebraska. This camp will provide expertise and a strong curriculum.

Stay tuned for more information about the new FCS event and performing arts camp. (TK)

Nominate Your Favorite 4-H Volunteer!

Starting in January, Lancaster County 4-H will present a "Heart of 4-H Award" to a Lancaster County 4-H volunteer each month! Nominate your favorite 4-H volunteer or leader by submitting the following form (also available online at lancaster.unl.edu).



I, _____, nominate _____
for a "Heart of 4-H Award" because _____

I can be reached at (phone) _____ or (e-mail) _____

Return form to: UNL Cooperative Extension in Lancaster County, 444 Cherrycreek Rd, Suite A, Lincoln, NE 68528.

Service Learning Conferences

The Nebraska 4-H Learn and Serve Conferences, supported through a Nebraska Department of Education, features keynote speakers, educational sessions and service project presentations. Elementary school through high school youth, leaders, staff, community organizations and school personnel are all invited to participate.

The dates for the conferences are:

- Feb. 27 — Westside Community Education Center, Omaha;
- March 12 — St. Marks United Methodist Church, Lincoln.

Registration fee is \$10 and due Dec. 10. For more information and registration forms, visit online at www.nde.state.ne.us/learnserve or call Tracy at 441-7180. (TK)



Kansas City 4-H Global Conference

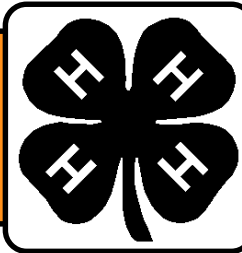
This Midwest Regional Conference for youth 15 and older will include hands-on sessions that involve youth in solving issues central to their lives, families and communities in a global society, thus broadening their horizons and insights into the world in which they live. Conference dates are March 12-15, 2003. Registration is due December 15. Contact the office for registration forms and more information. (TK)

Family and Consumer Science Superintendents Needed!

Are you interested in Family and Consumer Science? At least two Family and Consumer Science Superintendents are needed for the 2003 Lancaster County Fair. Join a veteran Family and Consumer Science superintendent and help receive exhibits, work with judges on judging day and display exhibits. Please contact Tracy at 441-7180 if interested. (TK)

4-H Bulletin Board

- 4-H Council will meet Tuesday, Dec. 3 and Tuesday, Jan. 7 at 7 p.m.
- 4-H Teen Council will meet Sunday, Dec. 8 and Sunday, Jan. 12 from 3-5 p.m.
- There are still County and State Fair projects, comment sheets and ribbons that need to be picked up from the Lancaster County Cooperative Extension Office. Projects, comment sheets and ribbons will be held until Dec. 15.



4-H & Youth

Community Service Corner

4-H Clubs — Consider Adopting a Highway...



Nebraska's Adopt-a Highway-program began in 1990 and is sponsored by the Nebraska Department of Roads (NDOR). Groups can adopt a section of highway and pick up litter along it. Cleanups are usually twice a year — spring and fall. NDOR provides litter bags, traffic signs and safety vests, and disposes of the filled trash bags. After the first cleanup, NDOR installs a sign at the end of the adopted section displaying the sponsor's name.

Criteria for Adopting

- The adopting group must be nonprofit.
- The group agrees to pick up adopted section twice a year for two years (agreement is renewable).
- Sections are a minimum of 2 miles and a maximum of 6.
- Adult supervision is required for volunteers under age 15.

Sections of Highway Available

Currently in Lancaster County, the following sections of highway are some of those available for adopting (check with NDOR to determine availability at time of application):

- Hwy 77 — mileposts 49-51 (south of Lincoln)
- Hwy 79 — mileposts 6-8; or 8-9 (near Raymond)
- S-55-G — mileposts 2-3.82 (near Hickman)
- S-55-H — mileposts 0-2; or 2-4 (near Hallam)

How to Adopt a Stretch of Highway

View the Adopt-A-Highway Application/Agreement online at www.dor.state.ne.us/pur-supp/adopt.htm. Print the application and fill it out. Contact person phone and address are required. Mail application to Nebraska Department of Roads-District 1, 302 Superior St., PO Box 94759, Lincoln NE 68509. For more information, call NDOR at 471-0850.

...Or a Trail or Park!

The City of Lincoln's Parks and Recreation Department also relies on volunteers to keep the parks and trails litter free. Groups who adopt a section of trail or portion of a park are asked to pick up trash, broken glass, branches, etc. every two weeks (on trails, the area goes out 5 feet from the trail). Trash bags are provided. Groups are recognized with a certificate of adoption and a sign displaying their name at the trail or park. Groups are asked for a minimum one-year commitment; renewals are sent out each March.

Trails and Parks Available

Currently, the following trails are available for adoption:

- Billy Wolff — 27th & Capital Pkwy. to J; Holmes Dam to 56th St.; 56th St. to pedestrian bridge
- Dietrich Bikeway — Woodside Park at 33rd to U
- Murdock Trail — 84th St. to 70th St.
- Superior Street Trail — N. 56th to 40th St.; 40th St. to 27th St.; 27th St. to 1st St.
- Old Cheney Trail — 27th St. to Wildbriar Lane; Wildbriar Lane to 40th St.; 40th St. to 48th St.; 48th St. to 56th St.; East of 14th St. to 27th St.
- Tierra Park Trail — Tierra Park
- Pineridge Trail — Hazel Scott Rd. to S. 34th St.

The following Parks (or portions of) are available: Antelope Park, Arnold Heights Park, Ballard Park, Bishop Heights Park, Bowling Lake, Centennial Mall (15th & K to R), Coddington Park, Colonial Hills Park, Cripple Creek Park, Densmore Park, Filbert Park, 40th & Hwy 2, Havelock Park, Henry Park, Herbert Park, Homes Park, Irvingdale & Rudge Memorial, Lakeview Park, Lintel Park, McWilliams Park, Oak Hills/Olympic Heights Park, Oak Lake Park, Nevin Park, Peach Park, Peterson Park, Pioneers Park, Pocras Park, Porter Park, Roberts Park, Roper Park, Sawyer Snell Park, Standing Bear Park, Stuhr Park, Sun Rise Park, Tierra Park, Trago Park, Tyrell Park, UPCO Park, Van Dorn Park, West Lincoln Park, Williamsburg Park, Woods Park and Woodside Park.

How to Adopt a Trail or Park

For more information or to adopt a trail or a park, call Julie Watson of Parks and Recreation at 441-8249.

A Night of Mystery and Fun!



5th & 6th Grade

LOCK-IN

**Jan. 17, 8 p.m.
to Jan. 18, 8 a.m.**

**Lancaster Extension Education Center,
444 Cherrycreek Road, Suite A, Lincoln**

Cost \$12

Sleepover! Games! Fun Projects! Movies! Snacks!

Bring your sleeping bag, pillow, toothbrush, toothpaste, active wear, sleepwear (sweats) and a friend interested in 4-H!

*Presented by Lancaster County 4-H Teen Council
Sponsored by University of Nebraska Cooperative Extension in Lancaster County*

Registrations due by January 10, 2003

For more information, call 441-7180 and ask for Tracy Kulm.

4-H Lock-In Registration Form

Make check payable (\$12/participant) to Lancaster County 4-H Teen Council and mail with registration form to:
Tracy Kulm, Lancaster County Extension, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528-1507

Name of participant(s) _____ Age _____

_____ Age _____

Address _____

City/State/Zip _____

Phone _____

Parent or Guardian _____

Special Needs or Other Information (such as food allergies) _____



Community & Home Living

EXTENSION HIGHLIGHTS

Jan Madsen Named County/City Volunteer of the Month



Jan Madsen (center) was recognized as the November County/City Volunteer of the Month. With her are her daughter Marta (left) and LaDeane Jha (right) of Lancaster County Extension.

On Oct. 29, Jan Madsen of Lincoln was recognized as the Lancaster County/City of Lincoln Volunteer of the Month for November by the Retired & Senior Volunteer Program (RSVP) and the Lancaster County Board of Commissioners.

She is a tireless worker for several Lancaster County Extension programs and always goes the extra mile. She has served as a 4-H leader of the Super Stars 4-H club for 13 years and volunteered at the county and state fairs for many years. She also presents 4-H workshops, is involved with Character Counts!, and co-facilitates Parents Forever classes.

Madsen became a 4-H leader because she fondly remembers the help and individualized attention she received from her 4-H leader when she was in 4-H. She is also motivated by research completed by the SEARCH Institute that states only 27 percent of today's youth feel they have an adult role model to look toward for positive, responsible behavior.

One of her favorite volunteer experiences was when the Super Stars 4-H club did a community service project at the City Mission. Madsen helped the 4-H members prepare a grant in which they asked for items to complete projects in cooking, sewing, leather craft and woodworking. The grant was awarded, and the Super Stars provided weekly activities for the families at the Mission.

In addition to her volunteer work with Extension, Madsen volunteers for Boy Scouts, is active at Sheridan Lutheran church, is a board member for the Northeast Family Center, and serves on many community coalitions.

Madsen often involves her husband, Galen Madsen, and three children, JoHanna, Marta and Hans, in her volunteer projects. She thanks her family for their support. Madsen works full-time as a registered nurse and Perinatal Education Coordinator at Saint Elizabeth Regional Medical Center.

Congratulations to Jan Madsen, a super volunteer and an asset to the community!

Neighborhoods as Communities of Interest — Part II

William Freitas
Graduate Student

In the first part of this article (see October's edition) interactions as the basis for all communities was discussed. It is through interaction a neighborhood becomes a pleasant, healthy and safe place to live. Interaction means strengthening relationships, having open communication, encouraging community initiative, responsibility and adaptability.

The result of positive interaction is the development of social capital. Social capital is described as networks, norms, and trust that facilitate coordination and cooperation for mutual benefit.

Social capital can be divided in two elements: bonding social capital and bridging social capital. **BONDING SOCIAL CAPITAL** is the connections among homogenous individuals and groups. Homogeneity may be based principally on class, ethnicity, gender or other social characteristics. **BRIDGING SOCIAL CAPITAL** connects diverse groups within the community to one another and

to groups outside the community. Both kinds of capital are necessary for strong neighborhoods.

Dr. Cornelia Flora presents a very interesting topology of social capital:

• Absence of Social Capital

"When a neighborhood engages in involving people from different cultures and backgrounds, it enriches its social capital. Everyone learns from one another and the quality of life in the neighborhood is increased."

—Dr. Cornelia Flora

(bridging low: bonding low) — Neighborhoods without social capital lack the capacity to bring about change. Individuals are alienated from neighborhood issues and as consequence high indices of health problems and crime rates occur.

• **Conflict with the Outside/Internal Factionalism** (bonding high; bridging low) — Neighborhoods with high bonding but low bridging resist changes, view newcomers

with suspicion and have homogenous groups or factions within the community. The consequence is that the neighborhood isolates itself from resources offered by the city and from healthy relationships with other neighborhoods and groups. The neighborhood may be organized against the outside or against itself. The latter case occurs when the homogenous groups are in conflict with one another.

• **External Influence via Local Elites** (bridging high; bonding low) — Some neighborhoods are dominated by one or a few influential families or by elites who have

some degree of control from outside the neighborhood. In extreme cases they may be controlled by Mafias or factions. Power is clearly concentrated in the hands of few who decide for all.

• **Participatory Community Action or Entrepreneurial Social Infrastructure** (bridging and bonding social capital are both high) — Equilibrium between high bonding and high

see COMMUNITIES on page 11

Grantsmanship Training Scheduled for 2003

The Grantsmanship Training Program will again be offered to the Lincoln community May 5–9, 2003. The intensive, "hands-on" workshop covers all aspects of researching grants, writing proposals and negotiating with funding sources.

Designed for both novice and advanced grant seekers, the program participants are given follow-up services, including expert grant proposal reviews for a full year following training. To maximize personal attention, the group size for the workshop is limited.

Since 1997, UNL Cooperative Extension in Lancaster County has hosted the Grantsmanship Training Program.



Approximately 100 individuals representing various Lincoln and area agencies have participated to date.

For more information and to

register, as early as possible, contact The Grantsmanship Center directly at (800) 421-9512 or visit online at www.tgci.com. (GB)

Hey Kids! --
Teachers &
Parents too!!



Here's your chance to enter a fun event! 5th Annual Aging Services Intergenerational Photography Contest

Open to ALL ages, Kindergarten to older folks!
Anyone.....Anywhere!!!

Best of Show, 1st, 2nd, 3rd, and Honorable Mention prizes by age groups of: K-6, 7-12, and Adult.

Best of Show winner is awarded \$100

For a registration and information packet, call (402) 441-7022 (collect calls accepted).

Think Campus Visit When Preparing for College

The best way to see what the University of Nebraska is like is to make an official campus visit through the office of admissions.

Several easy to schedule opportunities are available.

Red Letter Days for High School Seniors

Nebraska's all-day (8 a.m. to 3:30 p.m.) open house program is offered to high school seniors and their families. At Red Letter Day, participants have the opportunity to pick

from several group presentations — choosing a major, scholarships, learning communities, financial aid and many more. In addition, there is a chance to attend academic presentations, meet with faculty in your academic interest, have lunch at a residence hall, meet with other prospective students and interact with current students.

Upcoming Red Letter Days are:

- Dec. 6, 2002
- Jan. 24, 2003
- Feb. 7, 2003
- Feb. 17, 2003

High School Junior Visits

High school juniors can schedule a half-day campus visit for any weekday or register to attend a juniors only, all-day, open house NU Preview event.

Daily Campus visits are 9 a.m. to 1 p.m. Monday thru Friday and on selected Saturdays.

For more information or to register, visit online at admissions.unl.edu/visit or call the UNL Office of Admissions at 472-2023. (GB)

INDULGING

continued from page 6

you're filling up. Slow down to slim down.

"Count to 8" is no special number — it just rhymes with Guideline 1, Put Less on Your Plate! It does stress, however, you allow time to savor the flavor of foods. At least wait until you've swallowed one bite before you take the next one!

3: Divide With Your Mate

Or friend, or family member, etc. Great-tasting foods sometimes come in large-size servings. Consider making "death-by-chocolate" dessert a group project!

4: Don't Eat it All — Wait

When dining out, divide large servings in half BEFORE you take a bite. Take half of the

meal home to eat later. Rather than picked-over leftovers, this gives you two terrific-tasting meals at half the calories and half the price! For food safety's sake, refrigerate leftovers within two hours of being served. Then eat your leftovers within 48 hours.

5: Increase Your Exercise Rate

This guideline helps improve your nutrition two ways:

1. Exercise helps protect you from the effects of OVER-eating by helping burn excess calories.

2. Exercise also may help protect you from the effects of UNDER-eating.

How is this?

The fewer calories you consume, the less likely you are to obtain recommended levels of nutrients from your diet. Provided your overall diet is fairly healthy, you'll take in more nutrients by being able to eat

more food.

6: Change Your Calorie Fate

As you add exercise to your lifestyle, also include some weight-lifting. Muscle is more metabolically active than fat. Turn your body into a better calorie-burner by increasing your amount of muscle mass.

Simply toning your muscles will help burn calories. You don't have to develop bulging biceps. Plus, you'll find your body just seems to "hang" better on your bones when it's firm rather than flabby.

7: Start Now — Don't Hesitate!

It's much more fun to put on the pounds than to take them off! Develop healthy habits that let you enjoy food without paying a price that registers on the bathroom scale. Start now!



HOLIDAY SEASON

continued from page 7

same holiday, but not necessarily in the same way. Some holidays have incorporated stereotypes such as images of Native Americans on Thanksgiving cards and decorations. Take time to learn why Thanksgiving is a reminder of broken promises to some as well as a time for togetherness and thanks for others.

Be Constitutionally Appropriate

Religious symbols such as a cross, menorah, crescent, Star of David, creche, the Buddha and symbols of Native American nations, among others, should not be used as decorations at public events. However, when hosting holiday observances as part of public events and

functions, as in schools, it is appropriate to use such religious symbols as educational examples of the culture and heritage of various groups.

Recognize Individual Needs of People

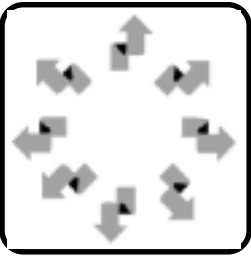
There are several fixed public holidays when public offices are closed and employees have time off from work. In addition, there are other moveable holidays when offices are open and some people do not work in order to observe their traditions and customs. Before arranging meetings, travels or work schedules check with representatives of different religious or cultural groups to learn what holidays are also days when people do not work. Also keep in mind public prayers can be unintentionally exclusive when the speaker offering the

prayer uses language outside other persons' faith or spiritual practice.

When you are uncertain about a particular religious practice or cultural tradition, look for common themes that promote understanding and respect. Keep a pocket calendar handy to record dates of special holidays and celebrations as you learn of them. Use these opportunities to educate yourself and others. There are many ways to be inclusive and sensitive to a diversity of faiths and cultures. Living as communities that respect different religious, ethnic and cultural heritages is a great way to celebrate the universal spirit of the long winter holiday season.

Adapted from an article by Gae Broadwater, State Specialist for Community Resource Development, Kentucky State University. (LJ)

Miscellaneous



Cultural Insights: Fasting and Ramadan



Boshra Rida
Extension Volunteer In
Service To America

Nov. 6 will announce the beginning of Ramadan, the fasting month in the Islamic year. Fasting means to abstain from foods, drinks, intimacy and smoking before the break of dawn till sunset for the entire month of Ramadan. Ramadan Fasting is obligatory for every Muslim, male or female, who is physically and mentally able, not on a journey and fairly certain that fasting will unlikely cause any harm.

The most important issue of fasting is its spiritual meaning. Fasting means spiritual abstinence, individuals should not give up only food and drink but also fasting from all forms of lying and indecent acts. Fasting should improve moral character and makes individuals more truthful and careful about what they say and do. It trains individuals to have self-control. Fasting gives individuals a real taste of hunger and thirst which helps them realize the experience of the poor. This experience should instill a desire to help those who are less fortunate by sharing food and wealth with them.

Getting Kids to Help

Teaching responsibility is an important task of parenthood and helping kids learn to help with household chores is an excellent way to instill the virtues of perseverance, excellence, self-restraint and accountability. Find age appropriate chores—ones that fit the child's ability. Then set expectations for accomplishment and consequences if they are not done. Remember praise works wonders for a job well done. (LJ)

Ages 2–3

Hang clothes on hooks
Pick up toys

Ages 4–5

Set table
Feed and water pets
Help make snacks
Help put away groceries

Ages 6–7

Make a bed
Sweep kitchen
Clean bathroom sink
Water plants

Ages 8–10

Wash sink and toilet
Mop floor
Help wash clothes
Clean out a drawer

Ages 11–12

Make own breakfast
Pack family lunches
Help serve meals
Do family wash
Cut the grass (with supervision)

This Chicago native is tracking West Nile at Nebraska.

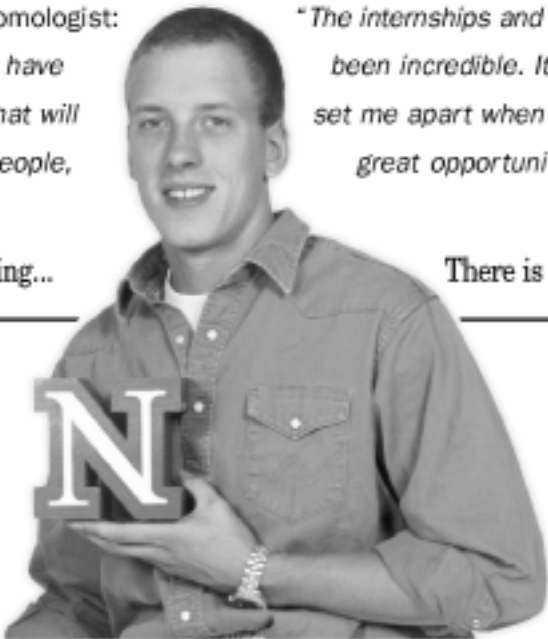
CHUCK FROST, a senior agricultural economics major at the University of Nebraska–Lincoln, is headed for graduate school in wildlife biology and a career as a veterinarian. His summer internship took him across Nebraska tracking the West Nile virus, working one-on-one with the State Medical Entomologist:

I've done at Nebraska have in the field—and it's what will Nebraska has great people, to be."

For hands-on learning...

"The internships and undergraduate research been incredible. It's hands-on experience set me apart when I apply for grad school. great opportunities—it's a great place

There is no place like Nebraska.



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COMMUNITIES

continued from page 10

bridging social capital is the ideal. It does not imply a flat structure with equal wealth, education or talents. A community with a high social capital is characterized by a population where everybody participates and is seen as capable of providing any other member of the community something of value. Such neighborhoods have diverse contacts with the outside to generate resources, but not so much that contacts allow outsiders to exercise control. There is acceptance of controversy. This means that people can disagree with each other and still respect each other. There are discussions, new issues are brought forward, and the neighbors share visions of the future. Finally, there is celebration of who we are and of successes of many within the community.

High social capital is a challenge for neighborhoods

characterized by great diversity. Is it possible to match homogeneity with diversity? Flora states that "networks in communities with high social capital are diverse and inclusive. While there is room for subgroups with high levels of social capital (communities of interest within communities), communities of place require diversity." When a neighborhood engages in involving people from different cultures and backgrounds, it enriches its social capital. Everyone learns from one another and the quality of life in the neighborhood is increased.

People in neighborhoods with a high social capital develop a sense of belonging and ownership. They care for, lobby for and protect their community. It is hoped as cities become bigger, neighborhoods can still keep the spirit of caring, uniting, sharing alive.

For more information on social capital: Flora, Cornelia, et al. (In Press). *Rural communities legacy and challenge*. Westview Press.

The NEBLINE

Nebraska Cooperative Extension Newsletter
Lancaster County



THE NEBLINE is published monthly by:
University of Nebraska Cooperative Extension in Lancaster County

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Satellite Office
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Composting Hotline: 441-7139

All programs and events listed in this newsletter will be held (unless noted otherwise) at:
Lancaster Extension Education Center
444 Cherrycreek Rd. (event rooms posted), Lincoln
Lobby Phone: 441-7170

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Extension Calendar

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

NOVEMBER

14 4-H Rabbit VIPS Meeting, *Lancaster Event Center* 7 p.m.

DECEMBER

3 4-H Council Meeting 7 p.m.

8 4-H Teen Council Meeting 3–5 p.m.

13 Extension Board Meeting 8 a.m.

JANUARY

7 Family Community Education (FCE) Leader Training 1 p.m.

7 4-H Council Meeting 7 p.m.

9 4-H Rabbit VIPS Committee Meeting, *Lancaster Event Center* 7 p.m.

10 Extension Board Meeting 8 a.m.

10 Crop Protection Clinic 8 a.m.–4 p.m.

12 4-H Teen Council Meeting 3–5 p.m.

13 4-H Horse VIPS Committee, *Lancaster Event Center* 7 p.m.

17–18 4-H Lock In 2003 8 p.m.–8 a.m.

NEIGHBORHOODS

continued from page 1

neighborhood groups and residents with a strong effort to build vital and mutually beneficial opportunities for the University of Nebraska-Lincoln to be a valued partner in building capacity to meet local needs in the neighborhoods surrounding the University.

CLC’s encourage family and community engagement in neighborhoods and schools. They expect to be a vital hub in the neighborhoods they serve and find services that build on neighborhood strengths and are responsive to neighborhood needs.

Both projects believe strongly in empowering neighborhood residents, strong families, strong communities and community organizing to solve local problems. Both projects not only work closely with one another, but also reach out to the larger community with efforts to enhance neighborhoods, build capacity and recognize neighborhood strengths.

“Residents living among neighbors who share a sense of community are more likely to engage in activities such as voting, recycling and volunteering. They have less fear of crime and their adolescent male children are less likely to engage in delinquent behavior,” said

John Schweitzer, professor In Urban Affairs at Michigan State University. These kinds of activities often lead to the creation of strong local networks that are essential for developing social capital.

Is it possible to have strong neighborhoods and schools without strong families? Probably not. Family well-being is a key determinant of the health of a neighborhood and a community. Block by block it is vital that families have a sense of shared prosperity, feel safe, and have a chance to work in ways that positively influence the conditions affecting the security and quality of their lives.



COMMUNITY PARTNERSHIPS

continued from page 1

families. Bringing resources and talents together, we provide services and accomplish goals that we could not accomplish alone. Working together, more is accomplished and the whole is greater than the sum of its parts.”

Early Head Start Program, another great NEP partnership, works with families to improve skills food purchasing, meal planning and food safety. As a result of this partnership, NEP employs a Registered Dietician to support families and Early Head Start/Head Start professionals in providing safe, nutritious, age-appropriate meals for infants and toddlers. A pleasant, healthy, mealtime environment for child development centers re-enforces the importance of eating family meals together.

Lincoln Public Schools (LPS), along with funds from the USDA Food Stamp Nutrition Education Program, supported NEP programs in 105 classrooms this past year. Teachers provided an average of 10 hours of nutrition education per classroom as a result of this

partnership. Students in one of the LPS limited-income school classrooms collected nutritious food for neighbors in need.

The Women, Infant and Children (WIC) program welcomes NEP staff in neighborhood WIC clinics to increase the nutrition education limited-income families receive at each site. This provides WIC professionals additional time to work with higher-risk families and gives NEP opportunities to share practical ways to stretch food dollars while preparing safe nutritious meals.

Community partnerships

such as these have helped NEP educate 1,492 families, about meal preparation for 5,360 family members during the past year. In addition, over 2,300 youth participated in nutrition programs offered at schools and neighborhood community centers.

On a daily basis, NEP staff experience the positive impact of working side by side with community partners. Partnerships are vital in providing opportunities which enable Lincoln families to prosper.



Head Start children at the Carol Yoakum Family Resource Center learn about the importance of healthy eating through hands-on activities developed by UNL Cooperative Extension NEP.